BALLOON-DILATION TEST: NEW HORIZONS IN EVALUATING PHARMACOTHERAPY OF IRRITABLE BOWEL SYNDROME

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A study of 46 patients with severe IBS-D found that the balloon-dilation test objectively measured visceral hypersensitivity changes after 8 weeks of antidepressant therapy, with significant improvements in pain and visceral sensitivity parameters.

KEY POINTS

- 46 patients with severe IBS-D (24 women, 22 men, median ages 28.5-31 years) underwent balloon-dilation testing before and after 8 weeks of antidepressant therapy prescribed based on psychiatric consultation.
- All patients had mental status disorders at baseline: 56.4% anxiety, 26.12% anxiety-depression, and 17.48% depressive disorders.
- Pain scores decreased significantly from 8 (7;10) to 1 (0;3) points on visual analogue scale after treatment ($p < 0.05$).
- All visceral sensitivity parameters measured by balloon-dilation test improved significantly: first urge increased from 32 ml to 78 ml, intense urge from 40 ml to 98 ml, and maximally tolerated volume from 59 ml to 134 ml (all $p < 0.05$).
- The authors conclude that balloon-dilation testing provides objective quantitative assessment of visceral hypersensitivity in IBS-D, unlike the subjective visual analogue scale.

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